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**Title:** URINARY INCONTINENCE, ADL AND SLEEP DISTURBANCE IN THE COMMUNITY RESIDING ELDERLY IN KOREA

### **Aims Of Study:**

Urinary incontinence is one of common problems in the elderly. It has been reported that many patients with incontinence are not treated successfully (1). Its prevalence in the general community in Korea is unknown. Prevalence estimates provide and an indication of how widespread involuntary urine loss is and have important implications for the level of medical and self-care that is needed. The purpose of the present report is to measure the prevalence of incontinence and condition of ADL, and disease pattern they have.

### **Methods:**

Data were collected by interviewing urinary pattern, presence of incontinence, condition of ADL, and presence of diseases and symptoms they have. Though a random sample among the community-dwelling people, subjects were selected aged 55 to 94 years (n=300) residing in Chonan city in Chungnam Prefecture, Korea. Collected data were used to estimate the prevalence of urinary incontinence, and to know the discomfort which incontinent people have, especially sleep disorder. It was questioned as to their knowledge about urinary incontinence.

### **Results:**

Of the 300 people in the community residing elderly, it was resulted as the following demographic characteristics: 63.9% were female; the respective mean age was 71.4 years. 17.1% reported at least one episode of urinary incontinence in the recent 1 year. And 68.6% has a urinary pattern of 4-8 times per day, 14.4% has frequency and 12.4% has nocturic problem of 3 times and over every night.

Table shows that condition of presence of diseases and symptoms by priorities they complain.

Unit %

| Urinary Pattern during daytime |      | Disease by priorities they complain |      | Common Symptoms by priorities they complain |      |
|--------------------------------|------|-------------------------------------|------|---|------|
| Under 3 times                  | 15.7 | Rheumatoid                          | 48.2 | Leg   | 56.9 |
| 4-8 times                      | 68.6 | Hypertension                        | 34.8 | Lumbar                                      | 55.9 |
| 9 times and over               | 14.4 | Fracture                            | 24.4 | Fatigue                                     | 49.5 |
|                                |      | Heart Disease                       | 20.1 | Eye   | 37.5 |
|                                |      | DM                                  | 16.4 | Head  | 32.8 |
|                                |      | CVA                                 | 6.4  | Digestion                                   | 27.2 |

**Conclusions:**

This study that urinary incontinence is a common condition in the community residing people aged 55 years over. However, only 9.8 % among the incontinent sought the medical help, though they have discomforts, almost 90 % remained untreated due to lack of knowledge or improper information. These results indicate that community education on incontinence is necessary to let them seek medical help and to do preventive exercise using Continence Efficacy Intervention Program (CEIP)(2).

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References:

- (1) Urinary incontinence in adults. NIH Consensus Development Conference. J Am. Geriatr Soc 38: 265-272, 1990
- (2) Continence Efficacy Intervention Program for community residing women with stress urinary incontinence. Public Health Nursing 18(1): 64-72, 2001